



An Organic Health Guide

饮食改变：健康自在  
*An Easy Way For Transition  
To Organic Diet*

• A Holistic Health Approach •

natural



# An Easy Way For Transition To Organic Diet

*Breakfast : Lunch : Dinner*



## What Is Organic Food

Organic food is food without chemical pollution, without Genetically Modified Organism (GMO Free), without chemical fertilizer, pesticide etc or anything harmful to human body and the natural environment. Organic farming adopted compost as fertilizer, anything that is unfriendly to the soil will be avoided.

## Mind Change: For New Organic Food Practitioner

For people who want to convert to healthy organic food diet without spending too much money and hope their family members can accept, the change can be done easily and economically. Firstly, start to reduce the intake of meat, dairy milk products and eggs slowly. These 3 categories of food are animal proteins. In food chain ecology, animal proteins accumulate more chemical and toxin. Furthermore, the animals are not raised in the natural way as those in the olden days. If taken in too much of these foods, our body would become acidic and acidic body can reduce our energy and immunity. Therefore, these have been classified as unfriendly food to human body.



However, for initial practitioner on healthy organic diet might not able to stop taking meat and eggs immediately as it is quite difficult. Thus, gradually reduce the intake from 80% to 60%, 40%, 20% and 10%. The nutrient (fat/protein) in meat and eggs can be replaced by raw nut, raw seed and beans. For dairy milk is much easier to reduce or cut off, you can replace dairy milk with Biogreen Organic Oatmilk/Enrich Oatmilk/5 Grain Oatmilk/Organic Sugar Free Soymilk or Low Sugar Soymilk. These plant-based milks are high in nutrient and at reasonable price, taste better than milk. (Soymilk is 3.7cents/g, oatmilk is about 4-6cents/g)

### ■ Cow Milk: Myth or Must



In nature, animals are born naturally male and female, the females will feed their infant with its own milk. Each species of animal milk content different nutrients that are only suitable for the babies of their own. That is what nature or god intends to provide. Therefore, we cannot say that cow milk is fit for all beings, it should be fit for calf only and not intend for human being. Therefore, we should follow the natural rule of principle, otherwise, we may face degeneration or illness more frequently.



## ■ Comparison Between the Compositions of Cow Milk and Human Milk

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Breastfeeding their young is something that is particular to mammals only. Calves upon reaching maturity no longer drink milk. Then why do we drink milk at infancy, adolescence, adulthood, and even at old age? Let us compare the differences.

- 1** Human milk has abundance of minerals such as iodine, iron, phosphorus and magnesium which are lacking in cow milk.
- 2** Human milk also contains two important substances - lecithin, a phosphoric fatty acid, and taurine, an amino acid, which help in the development of the infant's brain. Cow milk does not have them. Cow milk allows the calf to grow doubling its weight every month for the first three months. However, very little and slow growth of the calf's brain is observed. On the other hand, a newborn human baby needs six months to double its weight. However, its brain develops at a fantastic rate - out performing all other living beings.
- 3** Cow milk contains lactose (milk sugar) and casein (curd) which depend on specific digestive enzymes to break them down. When the infant is about 3 - 4 years of age, the body stops producing these two digestive agents.
- 4** The protein in cow milk is largely made up of casein (curd) which is huge, hard, dense and difficult to digest. The protein in human milk are simple and small in structure and can be considered a kind of soft curd which can be broken down and digested easily.



## ■ Milk and Osteoporosis

Dr. A. John McDougall of America has made an extensive worldwide study on the relationship between calcium absorption and osteoporosis. After years of study he was able to provide the following facts for our reference.

	Africa Bantu Women	Eskimo
Daily intake of calcium	350mg (from vegetables)	>2000mg (from fish bones)
Daily intake of protein	47g	250 - 400g
% of osteoporosis	Almost nil	Highest in the world



There are about 15 to 20 millions of osteoporosis victims in United States, which is the highest consumer of cow milk and cow milk products in the world. Interestingly when Bantu women moved to live in an advanced Western country and adopted the local dietary habits, osteoporosis become common among them. In United States, 25% of 65 years old women lost 50% of their bone density. There are more people dying from osteoporosis than from breast and womb cancer added together.



## ■ The Benefits of Biogreen Peeled Organic Soymilk

Soybean is well known as "plant meat", it contains about 30% protein, two times more than cow meat. Therefore, soybean contains all the necessary amino acid in protein, it is as good as egg, fish or meat, it is a high quality complete protein, it is easily absorbed by human body and does not burden the body with unnecessary poison.(eg, when animal die, it will produce toxins and harmful discharge).



### **Besides, soybean also provides other benefits:**

- a) **Reduce the bad cholesterol (LDL):** According to Professor Anderson, in 1995, 250g of soy can reduce about 6% of LDL and in the recent years, there are more than 300 reports about soymilk in reducing the blood circulation diseases.
- b) **Low in calorie:** Soybean only contains half the calories of cow meat. Furthermore, it does not contain saturated fat and cholesterol. Therefore, it is fit for low calories diet and good for skin complexion.
- c) **Contains Soy Isoflavones:** Soy Isoflavones is well known as plant hormone which is similar to estrogen. Therefore, it can help lady to go through menopause syndrome without side effects.
- d) **Good source of Calcium:** In 2003, Harford University found that consuming cow milk in long term does not help to stop osteoporosis; it might even increase the risk of ovary and prostate cancer. However, 100g of soy can provide about 210mg of calcium, which is easier to digest.



## ■ The Specialty of Biogreen Organic Sugar Free/Low Sugar/DHA Soymilk

- 1 100% organically grown, chemical free and GMO free.
- 2 100% skin peeled. The skin of bean is acidic, contains light toxin and high in purine, all these cause problem in digestion. Therefore, peeled skin can maximize the soy goodness and cut off the disadvantages.
- 3 Contain soy isoflavones (75mg/100g) and calcium (210mg/100g)
- 4 DHA nourishes our brain, helps to develop brain functions and replenishes it. It also helps nourish our eyes.

Last and not least, the price is very reasonable, only RM29.90/800g (about 3.7cents/g).

## ■ The Benefit of Biogreen Oatmilk

Biogreen Organic Oatmilk, Enrich Oatmilk, 5 Grain Oatmilk are mainly produced from oat and 5 grains. These include: brown rice, black rice, red rice, pearly barley, amaranth, wheat, black bean, flaxseed etc. with the addition of soy lecithin and flaxseed oil (omega 3). The benefits are as follow:

- 1 Besides rice and wheat, oat is the grain that is globally consumed. It is rich in protein and amino acid, digestible, especially for those who have digestion problem and illness.



- 2** Oat is rich in fibre, especially water soluble fibre (Beta-Glucan). Beta-Glucan helps in transporting glucose in the body especially to our brain. In USA, scholars have carried out a test on oat influence in children comprehension, memory and concentration. It was found that oat helps children to perform better. Furthermore, oat fibres help to reduce bad cholesterol, heart disease and high blood pressure.
- 3** Oat is rich in minerals and vitamins compared to brown rice, oat is 4.5 times higher in calcium, 4 times higher in iron and vitamin B-Group is better.
- 4** Oat contains Soy Lecithin and Omega 3  
Soy lecithin is our body cell food, especially our brain cells (about 12%). Therefore, it is important in the cell metabolism and brain memory power, it is our basic life element and it also helps in reducing cholesterol, risk of heart disease etc. Lecithin also helps to reduce fat, control body blood sugar and cell regeneration power. Omega 3 is our body necessary fatty acid which cannot be generated by our body. Flaxseed is the best source of omega 3 in plant. It protects our heart and reduces the risk of high blood pressure and normalizes our hormone function.
- 5** Biogreen 5 Grain Oatmilk also has the benefits derived from 5 grain, including brown rice, black rice, wheat, buckwheat and etc.
- 6** Biogreen Oatmilk contains at least 480mg of calcium; it is a good source of calcium. For diabetic patients, we encourage them to take Biogreen Oatmilk especially Biogreen 5 Grain Oatmilk.



## The Basic Food in Organic Diet

For initial starter, the basic food are Biogreen Pre-balance Powder, Biogreen Organic Golden Flaxseed Oil and Biogreen Organic Green Balance. These 3 types of food form the basic nutrients for an organic and healthy diet, easy to take and very economic. All these only cost about RM2 per day for one person's consumption. You need not to cook, just sprinkle on food or mix in drink or eat directly.

### ■ Biogreen Pre-Balance Powder: Contains the Following Ingredients

- a) Soy Lecithin (Yellow Color)  
Normalizing the body cell function, increase memory power and reduce cholesterol etc.
- b) Brewer Yeast (Yellow Color)  
Good source of plant protein, vitamin B1, B2, B6, B12 and minerals.
- c) Wheat Germ (Yellow Color)  
It is a good source of vitamin E and Vitamin B and fibre.

Other than these 3 basic ingredients, pre-balance also contains:

- a) **White sesame (white color):** good source of calcium, iron and amino acid.



- b) **Black sesame (black color):** besides the benefit of white sesame, it also darkens the hair and strengthens the kidneys.
- c) **Wild Green Seaweed (Green Color)**  
Seaweeds are rich in mineral, including calcium, iron, potassium and etc compared to land vegetables.
- d) **Organic Carrot (Red Color)**  
Red in vitamins and enzymes, especially Beta Carotene (vitamin A)

Therefore, pre-balance not only provides good nutrients, it also adopts the 5 colors food good for 5 principle organs (Red: Heart, White: Lung, Black: Kidney, Green: Liver, Yellow: Stomach/Intestines). Most importantly, it costs you only 70cents per day.

## ■ Biogreen Organic Golden Flaxseed Oil

Provides the necessary fatty acid to our body needs, ie: Omega-3, Omega-6 and Omega-9. These necessary fatty acids are ones that human body cannot generate itself, and can only be obtained from food.

Biogreen Organic Extra Virgin Golden Flaxseed Oil contains 55% Omega-3, 15% Omega-6 and 20% Omega-9. Omega-3 and 6 in short, is LA and LNA. Fish oil, in short is EPA and DHA. EPA and DHA are converted from LA. Their relationship is just like Beta Carotene and Vitamin A. Beta Carotene is Vitamin A Precursor - you cannot be harmed by taking extra doses of it, unlike Vitamin A. The extra Beta Carotene will be kept in the body. When the body needs Vitamin A, it will convert Beta Carotene into Vitamin A.



The same principle applies to Biogreen Organic Golden Flax Seed Oil, it takes about 20 minutes to convert LA to EPA and DHA without side effects. However, for fish oil (EPA and DHA), overdose can block your normal blood function.

Benefits of Biogreen Organic Extra Virgin Gold Flax Seed Oil:

- Reduces the risk of heart disease and cholesterol
- Helps to reduce internal tissue inflammation
- Burns down excess fat, it will reduce fat instead of increasing it
- Maintains smooth and healthy skin complexion

### ■ Biogreen Organic Green Balance Powder

It is the primary food in organic diet, it contains about 100 types of nutrients including all the vitamins, minerals, chlorophyll, enzymes etc.

- a) Vitamins: Multiple vitamins, including vitamin A (Beta Carotene) B1, B2, B6, B12, C and E.
- b) Minerals: It is rich in minerals; including calcium, iron, potassium, magnesium, sodium, zinc etc.
- c) Chlorophyll: Green Balance is rich in chlorophyll. Chlorophyll is "green blood", it can be easily digested and converted to red blood cells. Therefore, helps to increase blood count and purify our blood.
- d) Active enzymes: Green Balance adopts the cold processing method. Therefore, it has maintained most of the enzymes. Enzymes help body to digest, convert, utilize and detoxify.



e) Green Balance also helps:

- The "Abscises acid" in wheatgrass which helps to inhibits cancer cells to grow.
- Can help in reducing the risk of high blood pressure and avoid blood clog.
- Helps in discharging the heavy metals in the body.

Therefore, Green Balance should be treated as multi vitamin, minerals, blood enrich food, enzymes, and body detoxifying food, no side effects, not cooling or heaty, good for all family members. It is the most economic food supplement, only 65cents per serving.

### *The summary of Changing Diet (Easy and Economic)*

- 1 Reduce the intake of meat, dairy food and eggs.
- 2 Replace animal proteins/fat (meat and egg) with nut (eg.almond, walnut, pine nut, Brazil nut etc.), seed (sunflower seed, pumpkin seeds, sesame etc.), and beans (eg.Adzuki, black bean, mung bean, black eye peas etc.).
- 3 Replace dairy milk with Biogreen peeled soymilk, Biogreen Organic Oatmilk, Enrich Oatmilk, or 5 Grain Oatmilk. If looking for best combination and nutrient, can combine soymilk and oatmilk, one is beans; one is grain, this forms the best balance in nutrient.
- 4 Take Pre-Balance Powder in each meal. Pre-Balance is not only 3 treasure but also include sesame, seaweed and carrot. All-in-one and furthermore, the 5 color good for 5 principle organs. Take Biogreen Pre-balance Powder 1 tablespoon 3 times a day, sprinkle on food or mix into drink but cannot cooked. (About 24cents to 74cents per day per person).



## The summary of Changing Diet (Easy and Economic)

- 5 Take Biogreen Organic Green Balance 1 teaspoon 2 times a day, (morning and night). It helps to increase blood count, provide multi vitamins, minerals and enzymes. This will make sure family members and ourselves have enough nutrient absorption for a day. (about 65cents to RM1.30 per day per person)
- 6 Take Biogreen Organic Golden Flaxseed Oil 2 teaspoons 2 times a day. It provides our body necessary fatty acid, Omega 3, 6, 9, normalizes our body cells, helps to protect our heart and veins, enhance skin complexion.

Therefore, the change to organic healthy diet can be easy and economic. It only costs RM1.30 to RM2.96 per person per day. It costs only less than RM100 a month. Why not starts it now?

## Rice, Raw Meal, Side Dish Sauces and Seasoning

- A **Rice:** Each meal take one bowl of Rice with Vegetable, fruit as side food, try to take 5 Grain Rice or Brown Rice. Avoid white rice and white bread. If cannot change instantly, start by adding brown rice and millet into white rice, then slowly reduce the proportion of white rice. You can also opt to use red rice, red mountain rice, millet or Quinoa, which are softer in nature.





- B Raw Meals:** Raw dish contains enzymes which are important for absorption and detoxification. Therefore in each meal, at least 1 dish of salad or 1 piece of tomato or carrot. Cooked food does not contain any enzymes as they will damage at 60°C and above.



- C Side Dish Sauces:** In order to make organic food consumer more convenient in practicing healthy diet, Biogreen have introduced 4 Seasons Sauces. They are healthy choice, without preservative (replaced by grape seed oils) and coloring.



- i) **Spring:** *Biogreen Sesame Vege Mix*  
The sesame and toon leaf aroma make you feel like it is the lovely spring season. You definitely will love it.
- ii) **Summer:** *Biogreen Chilli Miso Paste*  
The healthy hot and spicy taste of organic chilli miso is sure to make you feel like you are sweating in the summer.
- iii) **Autumn:** *Shiitake Mushrooms and Bean Curd Paste*  
The shiitake mushroom with tofu cubes are just like the autumn fall leaves, cool and smooth.
- iv) **Winter:** *Sliced Young Shiitake Mushroom*  
In winter, you will feel cold and hungry. It is time to crunch on. Some tasty and crispy slices of shiitake mushrooms.



## ■ Healthy Seasoning

In organic healthy diet, we try to avoid 5 white foods ie: White Rice, White Flour, White Bread, White Salt, White Sugar. White salt and white sugar can be replaced by Biogreen Celtic Sea salt and Organic Unrefined Sugar at reasonable price.

### **Biogreen Celtic Live Sea Salt**

Biogreen Celtic live sea salt is an ancient hand harvested sea salt from France. It is processed by drying the salt under the sun and wind without extra heat. It maintains 84 types of trace elements in sea salt. This method has been practiced since 900 years ago in Brittany, France. Biogreen Celtic sea salt can helps to regulate blood pressure, increase the power of cell regeneration and boost up immunity. Basically, the 84 types of trace elements not only provide nutrients but also:

- 1** Enable the body to make use the sodium properly.
- 2** Ensure that once the sodium is utilized, it will be eliminated completely and quickly from the body through the kidneys.

Other than sea salt and sugar, we can also use unpasteurized miso, organic shoyu as seasoning. Besides , Biogreen also provide 2 extra seasoning products:

#### **1 Biogreen Japan Style G-Seasoning Powder**

It is extracted from fresh mushrooms, seaweed, vegetables etc. It is produced by freeze dehydration of the raw materials, thus, keeping its original fresh and rich taste. Therefore, it will make organic cooking more enjoyable and palatable.



## **2 Biogreen Life Chili Padi Sauce (Spicy/Less Spicy)**

Biogreen Life Chili Padi Sauce is an organic blend of fermented Life Chili Padi, Organic Apple Cider Vinegar, Organic Unrefined Sugar and Sea Salt. No coloring or artificial flavors added. You can enjoy and digest this chili sauce easily as it is still full with enzymes. (especially you can get Vitamin A from it).

## **Biogreen Healthy Cookies**

### **1 Biogreen 5 Grain Nutrient Bar**

It is made from 5 Grain, you can enjoy it anytime, anywhere (RM3.95/box).

### **2 Biogreen Thousand Layer Cookies**

A healthy cookies make form multi layer of thin crispy cookies, economic and tasty (RM3.50/pack).

We can conclude that healthy meals can be easy, nice and economic.

## **Breakfast, Lunch and Dinner**



### **a. Breakfast**

1 teaspoon of Green Balance + 1 tablespoon Pre-Balance Powder + 200 cc Water, then take 2 teaspoons of Biogreen Golden Flaxseed Oil, and followed with Soymilk or Oatmilk, or fruit or quick oat etc.



### **b. Lunch**

Working group: Put 1 tablespoon of Biogreen Pre-Balance Powder in a small bottle, add to meal when taking lunch, if possible, eat a piece of tomato or carrot.

Non-working Group: take soup before meal, take some raw food. (eg. Salad, tomato etc.), before cooked food. Consume more vege or plant base food than meat and eggs. Vegetable can be 4 times more than meat. Add 1 tablespoon of Pre-Balance Powder at lunch.



### **c. Dinner**

As the non-working group, however reduce the quantity to half, do not eat too full, let the stomach rest, remember to add 2 teaspoons of Biogreen Golden Flaxseed Oil in Rice or Meals.

### **d. Before Sleep**

Sleep before 11pm, 30 minutes before sleep, drink 1 cup of Green Balance, this will help in replenishing and detoxification.

Between the meals, can drink 1 to 2 cup of fruit or vegetable juice. (can use Green Powder Enzymes Activator Juicer for juicing or Healing Live Juice from German, the Voelkel Juices.



## How to Enjoy Organic Food Without Stress

A healthy body comes from a healthy physical body, mind, and spirit. Therefore, whenever consume organic food, you should enjoy it without pressure, do not treat it like medicine. If your emotion is imbalance, it will influence the benefit that you can derive from food, this is because emotions influence your hormone, metabolism, blood circulation etc. Therefore, eating organic have to be happy, easy minded and light-hearted. If you earn RM1,000 per month, please do not spend RM800 for organic food, you would not be happy with it, it is a pressure, you should just spend RM100 by taking the basic organic nutrient:

- (a) Biogreen Pre-Balance Powder
- (b) Biogreen Organic Green Balance
- (c) Biogreen Organic Golden Flaxseed Oil

## How to Gain Back Your Health From Organic Diet

Organic food should be tied to a healthy diet, a healthy diet actually can heal your body. Few points to note:

### **1 Quality Food**

"You are what you eat", if we consume all rubbish food that full of chemical, coloring and preservatives, then through everyday metabolism, all the bad input will be used to create the bad output. How do you think your body will be? Furthermore, the air, water and emotion pollution are getting worse each day, these all will kill our body.



## **2 Cleanse the Body Internally**

In organic diet, we can use Biogreen Bio-Essence, and Biogreen Aloe Vera Juice to help in cleansing. Proper cleansing can improve proper absorption.

## **3 Balance Diet**

Have the 3 meals with proper meals planning. 5 Grain should be the main food, with vegetables, fruits, nuts, beans and seeds. Insist breakfast by eating good, lunch eat full and dinner eat less.

## **4 More Raw Meal**

Raw meal maintains the entire nutrient actively; the enzymes in raw food help to rebuild the body.

## **5 Natural Antibiotic**

If fall sick or feeling uncomfortable, take Biogreen Propolis to boost up your immunity.



## ■ Breakfast, Lunch & dinner organic diet summary

### Breakfast:



Biogreen Organic Extra  
VirginGold Flax Seed Oil



Biogreen Pre Balance  
Powder



Biogreen Organic  
Green Balance



Organic Soy Milk  
Sugar Free



Organic Soy Milk  
Low Sugar



Organic Oatmilk Energy / Enrich Oatmilk Energy / 5 Grain Oatmilk Energy

### Lunch:



Biogreen Pre Balance  
Powder



Biogreen Organic Omega  
Soy Flax Meal

### Dinner:



Biogreen Pre Balance  
Powder



Biogreen Organic Omega  
Soy Flax Meal



Biogreen Organic  
Extra Virgin Gold Flax  
Seed Oil

### Before Sleep:



Biogreen Organic  
Green Balance



## Nutritious, Affordable, Tasty and Easy to Cook!

### A Main Food (Trunk) (RM 2 per day for Diet Transition)

#### **Biogreen Green Balance:**

Contains balanced nutrients, and is rich in vitamins, minerals, chlorophyll and etc. Provides 120-140 food elements. Morning and night: 1 teaspoon each.

#### **Biogreen Prebalance Powder:**

Not only contains 3 treasure food (lecithin, wheatgerm, brewer yeast), but also includes white sesame, black sesame, wild green seaweed, organic carrot - 7 types of food. The 5-colors food is good for the 5 principle organs. Breakfast, lunch and dinner: 1 tablespoon each.

#### **Biogreen Organic Extra Virgin Golden Flaxseed Oil:**

Provides the necessary fatty acid which the human body cannot generate itself; omega 3, 6, 9. Breakfast and dinner: 2 teaspoons each.

### B How to prepare organic food with better taste.

#### i) **Japan style G Seasoning Powder**

Add a little bit, it will make food taste much better.

#### ii) **Life Chili Padi Sauce**

The real life chili padi sauce, you can't find the taste elsewhere.

#### iii) **Biogreen Celtic Live Sea Salt**

From France, it has more than 900 years of history, the only wholesome and healing salt, with magnesium and 84 elements, can discharge extra sodium from our body through the kidneys.

### C No time to cook? It just takes 5-10 minutes!

Just cook some rice or noodle, then add the 4 season sauces, some raw vegetables, 1 tablespoon of PreBalance and a bit of seeds or nuts.





## **D Want to be healthier?**

- i) Cut or reduce meat, milk, and eggs. Replace cow milk with Biogreen soymilk or oatmilk, and replace meat and eggs with raw nuts, seeds or beans.
- ii) Organic Blackstrap Molasses is lady's tonic, children's mineral source and men's necessity.

For ladies, it helps ease menstrual problems, warms up the body and increases blood count. Morning and night, 1 tablespoon each.

For children, it is a good source for calcium, iron and etc, during their growing period. Morning and night, 1 tablespoon each.

For men, it is good for the kidney and strengthens the body, 1 tablespoon each for morning and night.

- iii) Biogreen Raw Honey  
Quality honey assured. Biogreen Raw Honey is the honey approved by HACCP International Food Standard. It is also certified with ISO9001.
- iv) Omega soy flax  
Organic Omega Soy Flax Meal is the fourth element in organic diet. It consists the benefit of Omega 3, lignans, plant protein and plant dietary fiber. Therefore, it can strengthens our body methobolism, improve our colon health condition and encourage friendly bacteria to grow.
- v) Biogreen enzyme vinegar
  - Increase body enzymes
  - Reduce body toxin
  - Reduce fat cells
  - Increase concentration and reduce fatigue
  - Reduce body heat





Biogreen 健康服务热线：  
03-80708310



Biogreen Organic Soy Milk Sugar Free/ Low Sugar/ Plus DHA  
Biogreen 有机无糖 / 低糖 / DHA豆奶



Biogreen Organic Oatmilk Energy/  
Enrich Oatmilk Energy/ 5 Grain Oatmilk Energy  
Biogreen 有机燕麦奶/Enrich 燕麦奶/五谷燕麦奶



Biogreen Pre Balance  
Powder  
Biogreen 五色三宝粉

Biogreen Organic Green  
Balance Powder  
Biogreen  
有机小麦苗粉

Biogreen Organic Omega  
Soy Flax Meal  
有机第四宝：  
有机四宝纤维粉

Biogreen 5 Grain  
Nutrient Bars  
Biogreen 五谷营养餐条

Biogreen Healthy Lifestyle  
Thousand Layer Cookies  
Biogreen 高纤千层酥



Biogreen Celtic Live Sea Salt  
Biogreen 活性碘海盐

Biogreen G Seasoning  
Powder  
Biogreen 日式渍 G 粉

Biogreen 4 season Sauce Sesame Vege Mix/ Shiitake Mushrooms &  
Beancurd Paste/ Sliced Young Shitake Mushrooms/ Chili Miso Paste  
Biogreen 芝麻香菇香椿酱 / 香菇豆腐酱 / 香菇幼芽香菇片酱 / 香辣味噌酱



Biogreen Live Chili Padi Sauce  
Biogreen 活性辣椒酱



Biogreen Organic Extra Virgin  
Golden Flax Seed Oil  
Biogreen 有机黄金亚麻子油



Biogreen Organic  
Blackstrap Molasses  
Biogreen  
有机黑strap蜜



Biogreen Raw Honey  
Biogreen  
活性蜂蜜



Bio-enzymes Vinegar  
Biogreen  
生机酵素醋